

## Inside

DOO TID WHEN VACATING QUARTERS

CELEBRATES



This award-winning banner \$8,000.00



Are you ready to do battle?

## Paintball Warriors

See pg. 6

## First Class Association partners up with local school for Education

By AG1 Gerald Maxwell  
Weather Department

As the CO mentioned last month, the base has established a partnership for Education Program with Ben Hulse Elementary School.

The First Class Association is spearheading this project to show the community of Imperial Valley that the Navy, especially NAF El Centro is here to support them in

anyway we can. We are asking for every one to assist to make this program a success. If you would like to be an outstanding role model, you are invited to participate in the program. This includes members from the civilian community.

The school is located at 303 South D St. in Imperial. Volunteers will be tutoring students in the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades three days a week for approximately one hour



Maxwell says, he feels confident his project will work with the help of volunteers.

Continued on pg 5



## "It's a proud feeling, now it's time to give back." Pinning ceremony

By JO2 Carmichael Yopez  
Editor

Wednesday, September 16, marked a great tuning point for two Strike Fighter Sailors. This was the biggest achievement in their careers as they received the two anchors that

would now decorate the collars of their new khaki uniforms.

The pinning ceremony took place at the Mirage Club on base and was attended by the entire Chief's mess, family and friends.

"It was a very proud moment for us,"

Continued on pg 2



# October 18 will mark the Biggest Gala of the Year

## 228th Navy Ball

By NC1 Pamela Jensen  
Command Career Counselor

Mark your calendars! Celebrate the 228<sup>th</sup> birthday of the Navy with dinner, dancing and door prizes at the NAF El Centro Navy Ball. The annual Ball will be held Saturday, 18 October 2003 at the Mirage Club from 1800 to 0200. The speaker will be Major General Larry Taylor, USMC (Ret), who was recalled from retirement after 9/11 to serve for Operation Enduring Freedom and Operation Iraqi Freedom.

This year's committee has been working hard since March to raise money for expenses associated with the Ball. All those times you have been asked to

have your car washed, buy donuts or throw balls at a "guest star" in the dunk tank, you have contributed to reducing the final ticket price to attend the Ball.

Tickets went on sale the first week of September. The price is on a sliding scale based on your pay grade. Childcare will be available at the base Child Care Center for \$2.00 per hour, per child. The uniform will be dinner dress blues with miniature medals.

The Housing Office has been authorized to allow members to make room reservations for the night of the 18<sup>th</sup> to reduce the DUI/DWI risk. Door prizes are planned to range from a TV to DVD players, DVDs to CDs and a whole lot more.



Come join the fun! Please see your Navy Ball representative to order your tickets now! Or you can call 339-2652, 339-2219 or 339-2329.

## Strike Chief's Pinning Ceremony

Continued from pg 2

said Tonya Owens, who along with her two daughters Keisha, 14 and Ariel 12, pinned the anchors on her husband AMC (AW) Robert Owens. "We were very nervous," added Mrs. Owens. "It was very emotional because it meant the end of initiation and the

beginning of a new phase in his career."

"This was the day we were looking forward too," said AOC (AW) Fred Walker. "The six weeks we spent going through indoctrination were well worth it. We had to do some unusual taskings, but they were all done for a reason and that was to prepare us for the challenges that you face as a Chief. During the ceremony, I was actually thinking about my mother who passed away in '97,"

added Walker. "I wish she could have seen it."

The Chiefs arrived the following day to their workspaces and were congratulated by their fellow shipmates. "We've already been chiefs for 48 hours and have already seen the changes," said Walker. It's a proud feeling. Now it's time to give back."

In November, Owens will be reporting to VMFA2, a Super Hornet squadron in Lemoore, Calif., Walker will continue at Strike until July of next year.

CAPT Paul M. Ziegler

CO

CDR Peter Hayes

XO

CMDCM Vince Seay

CMC

Editorial

Public Affairs Officer

LT David Rodriguez

Sandpaper Publisher/Editor

JO2 Carmichael Yopez

Contributing Writers

LT David Rodriguez

LT Michael O'Beirne

NC1 Pamela Jensen

SK1 Robert Smeltzer

AG1 Gerald Maxwell

Dr. Lynn Flowers

Tony Hunt

Printing/Distribution

JO2 Carmichael Yopez



Photos by: JO2 Carmichael Yopez

Above left: AOC (AW) Fred Walker receives his new anchors during the Chief Pinning Ceremony at the Mirage. Right: Wife Tonya Owens and her two daughters Keisha and Ariel pinned their





# Fire Fighter receives \$8,000.00 for smart idea

By JO2 Carmichael Yopez  
Editor

Necessity may be the mother of invention, but even the best creations and processes can be improved upon. As Sailors and civilians perform their daily routines, they may realize something could work better if they found a different way to do it. These new ideas are exactly what the Navy's Beneficial Suggestion program is designated to encourage.

Fire Captain Larry Deitchman of NAF El Centro recently submitted his idea and will soon be receiving \$8,000.00 for inventing a safety enclosure for flight-line fire extinguishers.

Deitchman said, he came up with the idea after receiving a pass down during a morning meeting. A safety alert had been issued regarding some incidents that had occurred while filling up the 150 lb., Halon fire extinguishers used on the flight line.

"Photos were passed showing how the extinguishers had failed. They exploded lengthwise from top to bottom," said Deitchman.

That morning, the Fire Chief told the crew, the fire extinguishers would not be filled until some type of safety containment was made. "The Fire



Photo by: JO2 Carmichael Yopez

Chief then asked for suggestions," said Deitchman. "I had submitted an idea 10 years earlier, so I was familiar with the program."

Deitchman's mind started turning and within a week he had come up with an idea. He drew up his plans, made a list of materials and within a couple of weeks built a 'Flight Line Extinguisher Enclosure.'

The flight line extinguishers look like helium tanks used to fill up party balloons, but wider and are mounted on heavy-duty dollies for easy transport. Deitchman invented a cylindrical enclosure that houses the

extinguisher while being filled. The extinguisher is rolled into the enclosure, a hatch is closed and the extinguisher can be filled safely.

The Navy has two programs that reward Sailors and civilians with cash awards, the Beneficial Suggestions also known as (Bene Sugs), and the Military Cash Awards Programs (MilCap). The programs are designed to improve government operations and services. Their primary purpose is to encourage the submission of employee suggestions to improve day-to-day procedures and to conserve and more efficiently use manpower and

budgetary resources.

"His idea really addressed a gap in safety," said Assistant Fire Chief, Robert Tofson "Fire fighters are creative thinkers," Tofson added. "In his case he saw there was a need. He has a background in mechanical drawing. He drew it up and built a prototype and it worked."

The good news of his idea being accepted came to Deitchman at the perfect time. "I was having one of those weeks where things just weren't going my way," he said. "But that all changed when I received a call from Patuxent, Maryland and the lady on the phone told me my idea had been accepted. It really made my day."

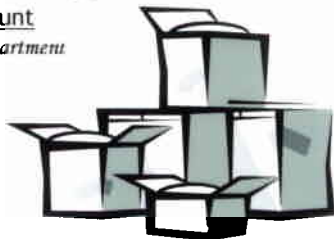
According to the letter Deitchman received, the Navy will save more than \$550,000.00.

Once Deitchman receives his money, he plans to celebrate by taking his family out for a steak dinner. The money from the (Bene Sug), he plans to put into a college fund for his two children.

For information on how to submit an idea using the Bene Sug, or the MILCAP program go to your NMCI homeport webpage, look under policy guidance, Navy/directives and search for OPNAVINST 1650.8C.

## Vacating Quarters:

By Tony Hunt  
Housing Department



In the past two to three weeks, the Housing Office seems to be on the short end of the stick when it comes to receiving notice of people vacating quarters. We've even found out about one move by driving through the

housing area and seeing the moving truck. The packers were there packing up the occupants household goods that day! A notice of intent to vacate is required 30 days in advance unless the move is required by military orders, which render such notification impossible. Proper notification is as important to you as it is to the Housing Office and maintenance contractors. It can mean the difference between an easy transfer or causing possible hardship for you and your family. **Until you properly clear housing, your BAH cannot be started.**

A pre-termination inspection is done by the Housing Office and the maintenance contractor prior to your move for two reasons:

First, we go through the house with you and let you know cleaning and repairs that you will be responsible for completing before you are allowed to check-off the base. Secondly, the pre-inspection gives the contractor the opportunity to purchase any materials or replacements that may be required and to establish a schedule for the work that needs to be done before the house can be used by other incoming personnel. It allows us to schedule things like repainting, grounds maintenance etc.

So, if any of you are leaving in the near future let us know 30 days in advance of your move and remember we are here to assist you.



## After 15 months of blood, sweat and tears, Sailor claims Victory

By LT Michael O'Beirne  
Public Works

It was a hot summer's day in June of 2002 when I noticed a gem in the MWR bone yard. I had driven by there numerous times before, but never really paid any attention. One day, there it was, with only one headlight as if it was winking at me. It had a broken grill, no engine, and years of abuse by the scorching sun. It was yearning to have someone breathe life back into it. At

that moment, I decided I would be her savior.

It was a 1969 MG-Midget two-seater British sports car that had been sitting there since 1994. It belonged to a retired Navy guy, who at one time planned to restore it, but never got to it. I've always wanted to restore a car, or build a kit car, so I figured this would be the perfect opportunity to do it. There was only one problem; I didn't know a thing about auto-mechanics. After thinking it over for a while, I decided what the heck, this would be a perfect project since I still had two years

left at NAF.

Finally, in June of last year, I made a deal with the owner and gave him \$300.00 for the gem. Well, it was actually a rust bucket to the normal eye, but in my mind it was a gem from the first day I laid eyes on it.

The project came at the perfect time. I had recently gone through a bitter divorce. Working on this car on my spare time was the only thing that kept me sane. Money was limited at first, so I had to pace myself when it came time to buying parts. By early November, I was hooked on my new love, so in order to continue, I sold my '93 Chevy Blazer to buy more parts.

Going through a divorce is not that easy.

See next page



I would like to give special thanks to the following people who helped me with this project. Danny Linesses, Ruben Hernandez, Harry Jacobson, Jimmie Collins, Mike Cameron, AO1Chris Melure ET2 John Able and ITC Jon McPherson.





**By LT David Rodriguez**  
*Public Affairs Officer*

Kids just want to have fun was the apparent theme at MWR's Back to school dance held at the Mirage Club on Friday Sept 19.

There were plenty of chips, dip,

pizza, and soda for every one to munch on. Besides dancing, they played pool, and even had a Karaoke competition. The popular song for the younger children was "Ain't No Mountain High Enough." Every one had a good time.

The karaoke winners were Arianna Jones, took 1st place Nicole Tipace, Amber Elliott,

Ashley Weese and Rachel Mersino, who took 2<sup>nd</sup> place in the young children category. In the Teens category, Alexandra Edwards and Amanda Hensen

**Photos by:** LT David Rodriguez. took first place. Jasmine Anderson took 2nd place. First place winners received \$10.00 and second place received \$5.00. Thanks again MWR. Great Job!



### Continued from pg 4

so working on Victory, as I was to later name her, actually served as a therapeutic escape. I was now determined to complete my project. My logic was that after a major failure in life, I needed a major victory to get back on my feet.

I would like to give thanks to my new friends, who, without their assistance, this project would have not been possible. They helped me with countless hours of tutelage and assistance, both during and after working hours. I could not have done it without you.



After 15 months of blood sweat and tears, and close to \$6,000.00 in parts, on Thursday September 23, the final touches were made and for the first time I took her for a drive. I had the top down and as the wind was blowing through my hair, I realized Victory was finally mine.

### **Partnership for education** Continued from pg 1

beginning in October. We will have a calendar of all vacation dates to avoid scheduling someone when the students are not there. We highly encourage all hands, spouses and civilians on base to show the community we are here to make a difference and to teach someone else from your valuable experience. Personnel can work with their supervisors to get flexible hours to participate.

All military members are required to show up in uniform and civilians in appropriate attire. If you are interested in having a towering impact call me at 339-2334.



# Paint ball Warriors

## *MWR brings the challenge to NAF*

By JO2 Carmichael Yopez

Editor

Since we were small children, playing war games has fascinated us all. Whether we played cowboys and indians, cops and robbers, or good guys and bad guys.

Today, the game of paintball is bringing back those days of playing war games. Although back then, there was no way of knowing if you shot your enemy or not, these days, the game of paintball is making pretend battles a virtual reality.

In recent years, paintball has become one of the fastest growing extreme sports in the country. "The game is exciting, it pumps up your adrenaline and is one of the closest war games there is to the real thing," said Joe Conner, Outdoor Recreation Director for MWR at NAF El Centro. "We wanted to have a challenging game available to the base, so that everyone could get involved," Conner added. "So we purchased all the equipment necessary to go out and have a good time."

In recent years the sport has become very popular in the Imperial Valley. "Almost all law enforcement agencies in the valley are using paintball," Conner said. "It is a very good training method."

"It doesn't really hurt when you get hit, but it can sting a little," said Fabian Amparano, an MWR employee, whose been playing paintball for the past four years.

"It is a big adrenaline rush," he said. "You are out there shooting at your opponents trying to hide to avoid getting hit. The worst part is getting killed early in the game, because you have to sit-out the rest of the game thinking of all the stuff you could of done if you hadn't been shot."

If you would like to experience the adrenaline rush playing paintball you may sign up at MWR Gear Issue. Cost is \$ 30.00 per player and includes gun, facemask CO2 tank and two loaders full of paintballs. Games take place about 15 minutes away from the base at Heber Beach. For more information on paintball and other MWR activities, contact Gear Issue at 339-2486.



Photos by: JO2 Carmichael Yopez



JO2

JO2

JO2

SANDPAPER

PAINT BALL

JO2

JO2

JO2

JO2

JO2

JO2

JO2

JO2

SANDPAPER

PAINT BALL

JO2

JO2

JO2

JO2

JO2





# How to win an argument

By Dr. Lynn flowers

Family Advocacy Representative

From time to time, I hear a married couple say that they have never had an argument in their marriage. I used to wonder how these people could be so lucky to be in a perfect marriage. I have since concluded that people who say that they have never had an argument in their marriage fall into three categories:

They got married five minutes ago. So, they haven't had enough time to get into an argument; They are lying! Or they feel that having disagreements is not really arguing unless someone is injured or killed; or one of the partners in the marriage allows the other person to make all of the decisions and tries to avoid conflict at any cost. This isn't a healthy relationship.

**Bottom Line: Everyone has arguments! What causes them?**

Arguments can occur for many reasons. Our values are not identical to those of anyone else. Does everyone attend church on Sunday? Do all people attend the same church, if they go at all? Does everyone want the same car or want to watch the same television show?

Sometimes we don't understand what someone else wants because of a different

perspective or a different background. Some people may love camping out. Other people consider "roughing it" to be staying in a motor home instead of a five star hotel.

**Should You Just Ignore It?**

Unresolved arguments often fester and can lead to increasing anger and resentment. Unresolved arguments can lead to stress, insomnia, loss of relationships, or even violence. So, it's best to look for a way to win when you have an argument.

**How Do I Win?**

It's easy to allow anger to interfere with solving problems. Loudly expressing your opinion is usually a mistake—unless you are appearing on the Springer show and your goal is to help Jerry get high program ratings!

Sometimes it's a mistake to talk to the other person about the disagreement. If the person is irrational, belligerent, or loses control quickly, you might want to find someone else to assist you in dealing with the problem.

If emotions on both sides are not too high, you can use some strategies to manage the difference of opinion. Ask the other person about his/her opinion. Try to listen carefully and understand what leads to the other person's feelings and opinions. Try not to interrupt the

person during the response. Ask questions about things that you don't understand. Avoid the temptation to tell the other person how they should feel or what they should think. We are the experts on how we feel. Other people might not think or feel the same as we do in our situations, but they are not us! If the other person is willing to listen, explain how you feel about their opinion and your opinion. Explain your point of view. When possible, try to find a solution so that both sides win and are comfortable with the outcome. When it's not possible to agree on a solution that both of you like, sometimes you can agree to disagree with each other. Then, try to find a solution that both of you can live with, even if it's not the one you wanted the most.

**Winning an Argument Is Not Necessarily Getting Your Way!**

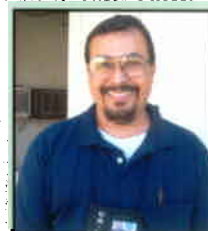
Winning an argument is doing what works best in the situation, after seeking an understanding of the perspectives of those involved. Effectively dealing with differences of opinions can strengthen relationships and decrease the stress we encounter in our lives.

For further information about dealing with arguments, contact the Fleet and Family Support Office at 339-2241.



DKSN Erica Madrid  
PSD

**Say your point of view. Then discuss it and resolve the situation. It is important to listen to each other.**



Frank Blum  
NMCI

**I keep quiet. I listen to what she's saying. After she finishes, I ask her if she is sure about her opinion. If I give an opinion the discussion will continue.**



Bonnie Bowman  
NMCI Data Analyst

**You let them know you understand the point. Make your own and make them feel like they won, but you keep the upper hand by staying in control of the situation.**



LT Michael Conn  
NAF Security Officer

**Well, you try not to argue. You present the facts and be open minded.**

## Drip Drip Drip

*Leaky faucets do you have one?*

By LT David Rodriguez  
Public Affairs Officer



Does a dripping water faucet annoy you at night when you are trying to sleep? Have you tried muscling it as tight as you

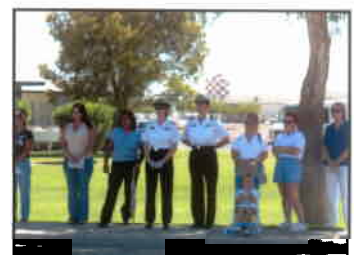
can to no avail, only to just give up and decide to live with it? One dripping faucet can waste over 450 gallons in a month. One run-

ning toilet can waste over 100,000 gallons in one month. The cost for water comes out of our limited base operating funds. We all need to do our part to conserve one of our most valuable natural resources. If you have a leaky faucet or a constant running toilet, report it immediately to the Base Operating Service Contractor Trouble Desk at 339-2204.



Thursday Sept. 11, 2003

NAF El  
Centro  
Flag Circle







# NAF El Centro Golf Tournament at Rio Bend

By SK1 Robert Smeltzer  
Supply Department

Hello, this is Barnyard Bob coming to you from NAF El Centro. I was asked to leave the cornfield and take a stroll down the fairways of Rio Bend RV Golf Resort. This is a brief summary of what happend.

Kristi McGovern, formerly of the Safety Department, assigned me to a team in the NAF Golf League. I had reservations about golfing with someone from Safety. You see, when I take a hack at a golf ball, the safety of others becomes a real issue. Kristi assured me that not all of the golfers in this league were experts, so I dusted off the clubs and went to Rio Bend.

My mind went back to the instructional video that I saw several years ago. The title of the video was "Dorf on Golf." After a couple of weeks on the course, I realized that some of my fellow golfers had watched the same video. Comedian Tim Conway played Derk Dorf. That should explain what my golf game looks like.

You can still see evidence of the rows I plowed in the fairways. Excuse me, the divots that were taken following those superb swings. There was talk of Eagles



and Birdies, Pars and Bogeys. How can you see Eagles and Birdies when you are watching a ball go down into a cup (hole)? Each sport has a language all of its own.

I saw some fantastic shots. One golfer teed off of number ten, a par four, and drove the ball over the green. Normally par four means - two shots to get to the green and two putts to get in the hole. On the sixth hole, I saw a tee-shot land on the branch of a five- foot tall palm tree. The golfer hit his second shot from the branch three feet off of the ground. When the ball stopped rolling, it was four feet from the hole. I hit a ball 350 yards. The only problem was that it went out 150 yards out and 200 yards to the right. The ducks on that pond were swimming for cover.



Photos by: Joanne Jutras

## Sailor and Civilian Walk 115 miles

By Joanne Jutras  
Fitness Center Coordinator

"Walk Around Oahu," challenged people to walk 5,000 steps a day, the equivalent to 2.5 miles was the theme for the 2003 Summer Program held by the Fitness Center.

Participants had to walk a total of 115 miles. This program got people to achieve a better health profile and have a longer

life span.

There was a total of 34 participants, two of which have completed the 115 miles. Master Chief Doug Lattimer, and Mary Ratliff from the Commissary pictured above. It took them 45 day to finish.

The Fitness Center would like thank and congratulated the participants. Great job! and keep up the good work.

The results for the season were as follows:

First Place: Fidel Galindo

and Oscar Perez

Second Place: Dave Conley

and Jim Steringer

The Longest Drive: Oscar Perez.

Closest to the Pin: Patrick Pinan.

The final Team standings for the

season were:

First Place: OPS/FIRE

Second Place:

STRIKE FIGHTER ONE

Third Place: SIX UNDER

A special thank you to Jerry Fernand, who took over the golf league when Kristi moved back East, and all who participated.

## Active Duty Sailors sought to attend Naval Academy

By NC1 Pamela Jensen  
Command Career Counselor

Applications are currently being accepted for the Class of 2008, which begins 1 Jul 04 and are due to the Academy by 31 Jan 04. The Secretary of the Navy may appoint up to 170 regular and reserve personnel each year to the Naval Academy.

To be competitive, members need to meet the following minimum standards: (1) high school GPA of 2.8 or better and be in top 40% of the class, (2) SAT scores of 500 each verbal and math with a combine score of 1050 or better

(ACT scores of 22 English and 24 math), (3) strong leadership potential (Sailors of the Month/Quarter and top 20% of A or C school graduates strongly encouraged to apply). It is strongly recommended that members have completed four years of math, including geometry, algebra and trigonometry, as well as physics, history and two years of a foreign language as well. Members must also meet the basic eligibility requirements, which are:

(1) Be a United States citizen, (2) Have good moral character; (3) Be at least 17 and not past their 23rd birthday on 1 July of the year entering the academy; (4) Unmarried; (5) Not pregnant; and (6) Have no dependents.

Midshipmen complete a four-year program

that educates them not only in the classroom, but also outside the classroom - in their dormitory, aboard sailboats and yard patrol craft, on the athletic fields and during their summers in the fleet. The Academy emphasizes building character in all aspects of their program. The regimented daily schedule will challenge midshipmen morally, mentally, and physically. All midshipmen must participate in athletics. Many extracurricular activities are available. Midshipmen enjoy regular active-duty benefits and pay commensurate with their rank.

Interested Sailors may contact the Command Career Counselor at Ext. 2329, or log onto the Naval Academy website at <http://www.usna.edu/Admissions/steps.htm>.



## POW/MIA Ceremony



PHOTO FEATURE BY:  
LT David Rodriguez





## Ribbon Cutting Ceremony for new Transient Barracks takes place



CAPT. Paul Ziegler aided by Project Superintendent Jeff Sullivan, Resident Officer in Charge, LT Pete Aparico and Housing Director, Clara B. Parrish celebrated the Grand Opening of the New Transient Barrack with a Ribbon Cutting Ceremony on Thursday September 30. Guests included El Centro City Mayor, Jack Terrazas, as well as other government officials and members of the community. Guests were invited to an open tour of the barracks followed by a presentation given by the CO. The new facility has a total of 160 rooms each with their own Kitchenette, Bathroom, Flat Screen TV, and DVD/VCR combo.



## Attention to Quarters

Quarters was held Thursday September 18 at the base theater, where the following awards were presented by CAPT Paul Ziegler.

Canady from Supply received a NAM. Aviation Ordnanceman 1st Class Petty Officer Rocky Loomis from Weapons Department received a NAM. Operations Specialist 1st Class Petty Officer Robert Cooper from Security received a NAM. Aviation Ordnanceman 2nd Class Petty Officer (AW) Nicholas Ingram from Weapons received a NAM.



Photos by: JO2 Carmichael Yopez

## Welcome Aboard

Welcome Aboard to our new September Indoc Class Sailors and their families. From left to

right: ABF2 (AW) Robert Chiaravallotti (Sup), HA Edwin Crawford (Medical), AO2 (AW) Nicholas Ingram (Weps) and AC2 (AW) Mathew Storms (Ops)



Reenlisted Friday September 5th AO1 (AW) Derrick Smith from Strike and AO1 (AW/SW) Lawrence Douglas from Weapons. Both reenlisted for four years. Smith, above, will transfer in November to the USS Bonhomme Richard in San Diego. Douglas, below, will remain here.





Sun

Mon

Tue




Wed

Thur

Fri

Sat

# MWR schedule of events

			Ladies Night @ the Mirage 2000 Ext. 2330  New hours at the Sundown bar 1800 - 2200 M - F  BBQ Beef Sandwich Buffet BBQ Ribs 1	Library, Story time 1000-1100  Capt's Bowling @ the Bowling Center 1630- 1930  Ham & Cheese and Chicken Rolls Buffet Hot Turkey Sand 2	Family Bowling Party @ 1800-2200. Ext 2575  3	 4
5	Cobb Salad Buffet Chicken Fried Steak 6	Bowling League Tue & Wed @ 1800  Karaoke Night at the Sundown Bar  Tostada Grande Buffet Build your own taco bar 7	Ladies Night @ the Mirage 2000 Ext. 2330  Peach Glazed Chicken Buffet BBQ Beef Ribs 8	Capt's Bowling @ the Bowling Center 1630- 1930  Light Lunch Buffet Italian 9	Family Bowling Party @ 1800-2200. Ext 2575  Hot Wings Buffet Fish & Shrimp 10	 11
12	Chef's Salad Buffet Tri Tip 13	Bowling League Tue & Wed @ 1800  Hot Beef Sand Buffet Dixie Fried Chicken 14	Ladies Night @ the Mirage 2000 Ext. 2330  French Dip Buffet BBQ Beef Ribs 15	Capt's Bowling @ the Bowling Center 1630- 1930  Carne Asada Salad Buffet Salisbury Steak 16	Family Bowling Party @ 1800-2200. Ext 2575  Chicken Tenders Buffet Fish & Shrimp 17	18
19	Rolled Tacos Buffet Teriyaki Chicken 20	Bowling League Tue & Wed @ 1800  Cobb Salad Buffet Oriental 21	Ladies Night @ the Mirage 2000 Ext. 2330  Jumbo Burrito Buffet BBQ Beef Ribs 22	Capt's Bowling @ the Bowling Center 1630- 1930  Pita Pocket Buffet Mexican Food 23	Shrimp Stir Fried Buffet Fish & Shrimp 24	 25
26	Beef Chimi Buffet Beef Stroganoff 27	Bowling League Tue & Wed @ 1800  BLT Sand Buffet Chicken Fried Steak 28	Ladies Night @ the Mirage 2000 Ext. 2330  Chicken Dijon Buffet BBQ Beef Ribs 29	Capt's Bowling @ the Bowling Center 1730 - 1930  Tuna Salad Buffet Chiles Rellenos 30	Family Bowling Party @ 1800-2200. Ext 2575  Shrimp Loque Buffet Fish & Shrimp 31	

All Active Duty members and their dependents are invited to attend a Military Appreciation Picnic that will be held at Sunbeam Lake on Saturday October 25 from 1000 to 1400. The theme of the picnic is FUN IN THE SON. Sponsored by Our Neighbors

Chapel Open House Celebration  
Sunday October 12 at 1130  
Come tour the renovated Chapel facility then share pizza, ice-cream and other refreshments.  
New Chapel hours  
Protestant worship Sunday 0900  
Catholic worship Sunday 1030

Time Change  
Turn clocks one hour back on Sunday Oct. 26 at 0200



New Mirage Club hours  
Evening meal 1800-2100 M-F  
Sundowner 1800-2200 M-F

Present this coupon and receive \$1.00 Off on any Large One Topping Pizza at the Bowling Alley

Uniform Shift



0100  
Monday Oct. 27